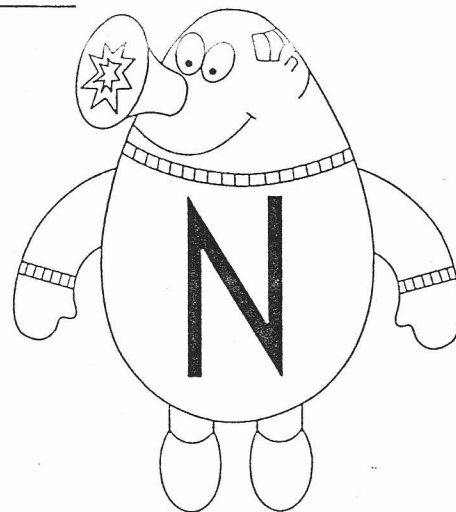


Family
Letter
N



Dear Family,

Hi! My name is Mr. N, and I have a noisy nose.

I try to keep my noisy nose out of trouble as much as possible. I say NO to things that I know are not good for me. We have talked in school about times when it's important to say NO.

You can help your child practice saying NO. Talk about ways to say NO, such as:

- ✓ NO, I'm not allowed to do that. Let's do something else.
- ✓ NO, that's not good for me. I don't want it.
- ✓ Don't say anything. Just walk away.

By the way, keep playing the Prove It game with your child. How can you tell for sure if a word starts with the same sound as noisy nose? Just say "noisy nose NO!" (or noodle or napkin or nut or needle—and so on).

Sincerely,

Mr. N